

**ARRIVAL INFORMATION**  
**SCHOOL AND LODGING DETAILS**  
*CMEF in Cap D'Ail, France*

**Dates of Attendance:** June 29, 2008 to July 26, 2008  
**School:** Centre Méditerranéen d'Études Françaises  
**Course:** French Language Program - 4 weeks, 15 lessons  
per week  
**Lodging:** Student Residence. Full Board.  
**Address:** Chemin des Oliviers, 06320 Cap d'Ail, France  
**Tel:** (33) (4) 93 78 21 59  
**Fax:** (33) (4) 93 41 83 96  
**Director:** Mr. Gilles Cappadoro

Student contacts: Ms. Laurence Couturier or Alexandra (Alex). They can assist you with any questions you may have.

**TELEPHONE INSTRUCTIONS:** To call France from the USA dial: 011, the country code (33), the regional code (4), and then the number.

**TRANSFERS:** You will be met by the Centre's staff at the Nice airport. A bright yellow stickers is enclosed. Please place one sticker in a visible spot on your clothing. Upon deplaning in Nice, please go through Immigration/Passport control and present your passport, collect your luggage and proceed through the Customs exit doors where staff members from Centre Mediterranean will be waiting for you. If you do not see the staff members right away, **DO NOT LEAVE THE AREA!** Wait a few more minutes and if you still cannot locate them, call the Centre at the phone number listed above (it is also printed in the bright yellow tag you will be wearing) and they will assist you and give you instructions on where to meet their staff.

**THE CENTRE:**

CMEF's terrace, "Bellevue", is the central meeting and information point on the campus. At the terrace you will find information about: 1) the weekly program of free-time activities, 2) what sports equipment and games are available for borrowing, 3) logistics of wash day for sheets and clothes and, 4) "Bank" schedule (days and times of pocket money distribution). Your first introduction to Bellevue will be on Sunday evening during your orientation meeting.

CMEF Reception is open every day from 8:00 a.m. to 7:00 p.m. At the reception you may purchase telephone cards and stamps.

CMEF's cafeteria is open every day from 8:00 a.m. to 2:00 p.m. and from 5:30 p.m. to 12:00 a.m. Meals are served between 8:00 a.m. and 9:00 a.m., between 12:15 p.m. and 1:00 p.m., and between 6:30 p.m. and 7:30 p.m. Please do not forget to return your tray to the kitchen at the end of each meal. This is also the place where you will find your mail each day-each student has her/his own pigeon hole letter box inside the cafeteria.

**POCKET MONEY:** The school recommends that students exchange their pocket money (average Euro 30.00 to Euro 60.00 per week) into Euros prior to departing the US. Your pocket money will be kept in CMEF's "bank".

**RULES FOR STUDENTS:** CMEF, by French law, is responsible for each student over the course of her/his stay. Students are not allowed to: 1) drink alcohol, 2) leave CMEF after 7:00 p.m. unless accompanied by a counselor or parent(s) or with written permission from your parents, 3) smoke inside the student bungalows.

### **PACKING SUGGESTIONS:**

- Personal ID, student discount card (such as the ISIC card) and a valid,
- signed passport (make copies of all ID and take one copy with you, and leave one at home with relatives).
- International long distance phone card or international cell phone to call home (check with your phone company if they offer these to clients) Traveler's Checks, ATM card (for a checking account) for personal spending
- money.
- Sports bag/small day pack for day trips
- Flashlight and small alarm clock
- Waterproof sandals - 1 pair
- Sneakers or strong running shoes - 1 pair
- Bathing suit - 2
- Toiletries (in waterproof, portable case: toothbrush and paste, comb, brush, soap, shampoo, deodorant)
- Sunscreen/bug repellent - non aerosol
- Socks and underwear - 7 pairs each
- Pajamas - 2 pairs
- Light sweater or fleece
- Light jacket - waterproof
- Sweat shirt/pants
- 3 pairs of pants, 2 pairs of shorts, 6 T-shirts or tops
- Notebook, pens, pencils, eraser, etc. for language class and note paper/envelopes for writing home
- A compact bilingual dictionary
- 2 hand towels, 1 bath towel and 1 beach towel
- Laundry bag with student's name clearly marked on the outside of the bag
- Extra set of reading glasses or contact lenses if you wear any

### **OPTIONAL ITEMS:**

- Camera
- Vitamins and over the counter medications like Imodium and Advil. All medications should be in the original packaging.
- Photos from home; (i.e. of family members, friends, pets, your house, your school - to show to new friends!)
- Sunglasses
- Electrical converters (for shavers or hair dryer - check voltage requirements before departure)
- For older students access to emergency funds can be useful, i.e.: a credit card or ATM card for a parent's checking account. It is important, however, that your child understands what is an emergency and what is not (ex: buying a new sweater is NOT an emergency!)

**DO NOT BRING:**

- Valuable jewelry/expensive electronic equipment and games - all are easily misplaced or permanently "borrowed".
- Large amounts of currency- whether in local or North American currencies

**HELPFUL HINTS:** Protect yourself against the sun-use sun cream and wear a hat.... Close your windows and door during the day and make sure to keep track of your room key and meal card.... Be open to trying new things-you never know what you like until you try it!

**Important:** Make photocopies of your passport and make sure to record the series numbers if you have travelers checks. Bring a copy with you and leave an extra copy at home with a family member.